

## Intervention: Exercise interventions for smoking cessation

Finding: Insufficient evidence to determine effectiveness

### Potential partners to undertake the intervention:

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| <input type="checkbox"/> Nonprofits or local coalitions                              | <input type="checkbox"/> Businesses or labor organizations |
| <input type="checkbox"/> Schools or universities                                     | <input type="checkbox"/> Media                             |
| <input checked="" type="checkbox"/> Health care providers                            | <input type="checkbox"/> Local public health departments   |
| <input type="checkbox"/> State public health departments                             | <input type="checkbox"/> Policymakers                      |
| <input checked="" type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other:                            |

### Findings from the systematic reviews:

There is insufficient evidence to determine the effectiveness of exercise programs in helping more smokers to quit in the long term than smoking cessation support alone.

Practices that lack sufficient research to support effectiveness should not be confused with ineffective programs. Rather, they should be recognized as programs that have the potential to become evidence-based practices—if properly evaluated. Practitioners are encouraged to monitor the impact of these programs in their communities and report on their findings in order to build a base of knowledge sufficient to reach consensus.

### References:

Ussher M, West R, Taylor A, McEwen A. Exercise interventions for smoking cessation. *The Cochrane Database of Systematic Reviews* 2005; Issue 1. Art. No.: CD002295. DOI: 10.1002/14651858.CD002295.pub2.